

# GUANTANAMO BAY Gazette Online Edition

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March 8,  
2002



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## BRIEFS

### Hospital Announces Rate Change for Foreign Nationals

The Naval Hospital has recently received new guidance from BUMED concerning the billing of Guantanamo Bay's local foreign nationals (Jamaican, Cuban and Philippine Origin). Under the new guidance, the Hospital will now charge the same rate to people of Philippine origin that it charges those of Jamaican and Cuban origin, that is \$15 per outpatient care day and \$45 per inpatient care day. These are not the rates charged under worker's compensation.

The effective date for the new rates is October 2001, the beginning of fiscal year 2002. The Hospital is currently investigating how rebates will be issued to those affected by the rate change. For more information regarding the rate changes, contact the Collections Office in the Hospital at 72230.

### VA Representative to Answer Questions

A Veteran's Association representative will be available for individual appointments the week of March 11-14. Invitations are open to all active duty, retirees and their family members. The VA representative is only available once a quarter, so this is your opportunity to have all those questions related to VA Benefits and Entitlements addressed. To schedule an appointment, contact Georganna Bell at 5141.

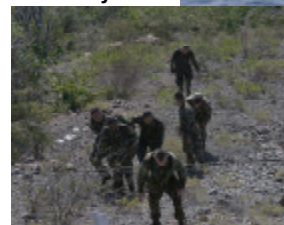
The VA representative is also scheduled to appear Tuesday, March 12 on Open Line. Areas that can be addressed include: Home Loan Guaranty Program, Insurance, Disability Compensation, Vocational Rehabilitation, Montgomery GI Bill - Active Duty/Selected Reserve, Top Up Program, Veterans Education Assistance Program (VEAP), Disability Pension - Non Service Connected, Survivor Benefits and Health Care.

*Continued on page 3*

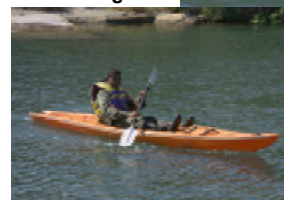
## A Grand Adventure

and a day of fun

swimming



hiking



boating



touring a home



All you and your seven-man team have to do is to run from Marine Site over the ridgeline on Tarawa Road, across the golf course, through the brush, cactus and hills to the beach. Jump in, fully clothed at the Iguana House dive ladder and swim to the beach. Then you head back, climbing over JPJ Hill, and heading for the Marina where your team kayaks back to Marine Hill. There you battle mock terrorists in "the battle house" for points. With that done, there's nothing left to do, but relax, brag, and enjoy a cookout that is your reward for participating in the Marine Adventure Run on a sunny GTMO Friday morning. - Photos by JOC Ric Evans

## Thousands of feet make their way to Phillips Park

In the wee hours of the morning, many of Guantanamo Bay's residents made their way to Fisherman's Point to begin a run that would take them 5 or 10 kilometers, depending on their route. Those kilometers weren't the easiest ones that exist at GTMO and many commented on the "killer," the run down to Phillips Park dive pier and back up the hill just before reaching the finish line. Once there however, you were treated to refreshments and for those fit participants who topped their age groups at the finish line, a trophy and gift. The 5/10K combo run was sponsored by JTF 160, and the "rewards" were passed out by JTF-160's Brigadier General Michael Lehnert and Naval Station's Captain Robert Buehn. - Photos by JOC Ric Evans



### U.S. Naval Base Guantanamo Bay, Cuba GAZETTE

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### Energy Conservation

Don't block  
the supply of air  
or return air  
ducts to the air  
conditioning  
system

### Force Protection Tip of the Week

Always advise  
associates or family  
members of your  
destination and  
anticipated time of  
arrival when  
traveling off island.

### Water Conservation

Total Used  
6,576,055  
Daily Avg  
939,436.40

Daily Goal  
700,000

We spent **-\$31,845.05**  
**OVER** our goal last  
week.

### MARCH 2002 TIDAL DATA

DATE	TIME	LEVEL	TIME	LEVEL	TIME	LEVEL	TIME	LEVEL
08	0526	1.27	1200	0.27	1638	0.60	2254	-0.24
09	0620	1.25	1254	0.25	1744	0.62	2348	-0.21
10	0714	1.23	1336	0.23	1838	0.66	--	--
11	0042	-0.19	0756	1.19	1412	0.20	1926	0.72
12	0130	-0.16	0832	1.14	1442	0.18	2014	0.78
13	0212	-0.12	0902	1.09	1506	0.15	2050	0.84
14	0254	-0.07	0932	1.02	1530	0.11	2132	0.90

## CNO Names New MCPON

### From Chief of Naval Operations Public Affairs

Chief of Naval Operations Adm. Vern Clark announced today that he has selected Master Chief Petty Officer (SS/AW) Terry D. Scott to succeed Master Chief Petty Officer (SS/SW/AW) James L. Herdt as Master Chief Petty Officer of the Navy.

Scott currently serves as the CNO-directed command master chief for Naval Forces Central Command and 5th Fleet.

"Master Chief Scott follows a legacy of tremendous service in MCPON Jim Herdt," said Clark. "Master Chief Scott has the fleet experience and is singularly qualified to represent Sailors around the world. I look forward to working with him in the future on the important issues facing our Sailors and their families."

Scott was born in Buffalo, Mo., and raised in Louisburg, Kan. He entered the U.S. Navy in 1976 and has served on board USS John Adams (SSBN 620), USS James Madison (SSBN 627), USS Jacksonville (SSN 699), and Strike Fighter Squadron 192 (VFA 192) deploying on board USS Independence (CV 62) and USS Kitty Hawk (CV 63).

Scott's shore tours have included Fleet Ballistic Missile Submarine Training Center, Charleston, S.C., and Commander, Submarine Squadron 14 in Holy Loch, Scotland. Scott attended the Navy Senior Enlisted Academy in Newport, R.I., graduating with academic honors. He subsequently served as the senior enlisted nuclear weapons technical inspector to Commander, Submarine Force U.S. Atlantic Fleet, and as the command master chief of Naval Security Group Activity, Winter Harbor, Maine. He reported to his current position of CNO-directed command master chief for Naval Forces Central Command and 5th Fleet in November 2000.

Master Chief Scott is a graduate of the U.S. Navy Senior Enlisted Academy, and holds a bachelor of science degree in vocational education from Southern Illinois University.

The change of office will be held April 22, 2002. For a current biography, see <http://www.cusnc.navy.mil/pages/fmchief.htm>.



MCPON(SS/AW) Terry D. Scott

## BRIEFS

### TAP Class Scheduled

A Transition Assistance Seminar, also known as TAP class, is scheduled for March 11-14 from 8:30 am to 4 pm in Classroom A at Bulkeley Hall.

TAP class is designed to smooth the transition of military personnel and family members from government service. Whether you're retiring, going back to school, or looking for a new career, success requires planning and resources. TAP can help. Preregistration is required, and spouses are encouraged to attend. Contact your Command Career Counselor to register. The dress code for the class is business casual with uniform of the day optional. For more information, contact Ms. Bell at 5141.

### Motorcycle Safety Courses

A Motorcycle Safety Course (AAA Approved) is tentatively scheduled April 3-8. All personnel who ride a motorcycle on base are required to attend. Space is limited so reserve your seat no later than close of business March 1. Personnel who ask for the course after March 1 will be wait-listed. For more details, call 4526 or 4529.

### OCSC News and Events

OCSC Scholarship Applications for seniors are available for pickup from Mr. Haley's office. All applications are due March 15. Call Jean Anne with questions or concerns at 5418.

Also, if your organization needs money, OCSC is now accepting financial assistance requests from community organizations. Requests must be submitted in writing by close of business March 15. Mail to OCSC, Box 161. Requests will be reviewed and funds distributed in June. For more details, call Caroline at 5338 AWH.

In other news, volunteers are needed to be dealers at Casino Night. Training is Monday and Thursday, 6 to 8pm at the Windjammer. Call Randi at 5444 if interested.

### BQ Advisory Board Meetings

The following BQ Advisory Board Meetings are scheduled for March:  
BEQ Advisory Board - March 13 at 3:30 pm, BEQ Kitchen.  
BOQ Advisory Board - March 20 at 6 pm, BEQ Kitchen.

Jamaican BQ Advisory Board - March 27 at 6 pm. Bldg. 2146, second deck.

## Reduction in PCS Funding

### Navy Personnel Command Public Affairs

A cut to the Navy's permanent change of station (PCS) funds may require some officers and Sailors to transfer within their geographic location, while potentially causing others to be temporarily extended.

The \$30 million cut is the Navy's share of a \$180 million Department of Defense-wide cut, implemented as a provision to the FY02 Defense Appropriations Act with the expressed intent of increasing service members' time-on-station, and subsequently, their quality of life.

An unintended consequence has been a near-term shortfall of funding that has limited detailers' abilities to transfer people at their projected rotation date. With detailers writing orders six to nine months ahead, more than half the fiscal year's funds had been expended when the cut was announced in January.

Chief of Naval Personnel Vice Adm. Norb Ryan Jr. said leaders are working hard to minimize the disruptions this shortfall may have on Sailors and their families.

"This is a top priority for Navy leadership," Ryan said. "We are looking within our own organization, as well as working with officials in the Office of the Secretary of Defense to recover the necessary funding. We know this is an important matter for our Sailors and their families who are expecting a set of orders later this year and I want them to know we are doing everything we can to fix this shortfall."

see Funding, page 5

# Spin Your Wheels at the Base Gym

We interrupt your viewing to go live with our roving field reporter, Donnell 'DD' Daniel. Hot off the press, I am here to update our readers on the latest fitness news scoop from MWR to hit our Guantanamo Bay community.

Spinning is the newest craze and an exciting program for our GTMO fitness enthusiasts offered by MWR Athletics.

What is Spinning you ask? It is the brainchild of flamboyant competition cyclist Johnny G and has taken the fitness industry by storm, earning the right to be dubbed "the most challenging mental, physical and emotional workout on one wheel."

Just one glance into the base gym's newly designed **MWR Athletics Spinning Center** will convince you of its electrifying appeal. There will be no more waiting in line for your turn to churn along **solo** with those glamorous computerized stationary cycles.

**Come join the pack**, where "you and the machine become one." Resembling the precision rows of race cars seen at NASCAR's Daytona 500, spinning cycles will be set up in neat rows. The participants will whirl through a **30-minute session** like Team USA at the "Tour De France."

What makes spinning unique, for starters you can't back pedal, which means if your screaming along at a good pace and decide to coast, you can't. The pedals keep going, and your feet are forced to continue forward movement.

Next, the handlebars are specifically designed to support the weight of each participant that is required for the upper body portion of the workout.

Last, and probably most important, is the fact that the class is as much guided meditation with music as it is profoundly hard exercise.

Spinning gives you a great full-body workout, especially throughout the muscles in your legs and buttocks, moreover, the abs and lower back muscles get a heck of a workout by being the supporting structure of the body during the grueling pedaling.

Much of the appeal with spinning classes lies with the effectiveness of the instructor and each rider's willingness to participate rather than anticipate. A fun,

highly motivating instructor with colorful imagination can provide participants the most riveting of sessions. MWR has brought on board that

enthusiastic and highly motivating instructor in Michele Cheyne.

Spinning is great for a variety of ages and newcomers, in that it's not a difficult activity to jump right into, unlike step classes, where you have to have coordination and learn specialized moves.

Of much greater benefit spinning is virtually stress-free on your joints, which is appealing to athletes and participants who are injury-prone.

Twenty spinning cycles are on order and soon GTMO residents will be able to experience the thrill of group spinning classes. Until then, one-on-one spinning sessions are available. Call me, DD at 2193, your roving reporter for an appointment.



One-on-one spinning sessions are currently available

## FFSC Offers Stress Advice, Support Resources

Since Sept. 11, the GTMO community has experienced increased stress such as unfamiliar faces on base, media attention, and various concerns about safety, increased workload/hours and concerns about friends/family. It is important to realize that there is not one "standard" pattern of reaction to the stress. Some people respond immediately, while others have delayed reactions - sometimes months or even years later. A number of factors tend to affect the length of time required for recovery, including:

- A person's general ability to cope with emotionally challenging situations. Individuals who have handled other difficult, stressful circumstances well may find it easier to cope with the stress.

- Individuals faced with other emotionally challenging situations, such as serious health problems or family-related difficulties, may have more intense reactions to the new stressful event and need more time to recover.

### How should I help my family and myself?

There are a number of steps you can take to help restore emotional well being and a sense of control:

- ♦ Ask for support from people who care about you and who will listen and empathize with your situation.
- ♦ Find out about local support groups.

### The GTMO Fleet & Family Support Center is taking names to form a support group. Call 4141 for details.

- ♦ Accept the things you cannot change. Enjoy the things you can change, i.e., go to the beach on a day off, etc.
- ♦ Engage in healthy behaviors to enhance your ability to cope with stress. Eat well-balanced meals and get plenty of rest. If you experience ongoing difficulties with sleep, you may be able to find some relief through relaxation techniques. Avoid alcohol and drugs.
- ♦ Follow an exercise program. Take some time off from the demands of daily life by pursuing hobbies or other enjoyable activities.
- ♦ Avoid major life decisions such as switching careers or jobs if possible because these activities tend to be highly stressful.

GTMO's resources include Fleet & Family Support Center, 4141/4153; Mental Health, call central appointments at 72110; Chaplain, 2323; and Joint Task Force 160 has a Special Psychiatric Rapid Intervention Team (SPRINT) call 5251/81160 for more information.

Portions of this article adapted from *American Psychological Association website on traumatic stress. Look for more stress advice in next week's Gazette.*

# Patient Safety Awareness Week Begins March 10

Patient Safety is a proactive program to improve healthcare and reduce risk to patients. The Naval Hospital's **Patient Safety Awareness Week** is an opportunity to bring medical professionals together with the goal of educating their patients and advocating for a safer system in their own community.

During this event, we will be educating the GTMO community on patient safety and teaching ways to protect yourself and your family from medical errors.

By asking questions and following your provider's treatment and instructions, patients play a major role in their own healthcare and gain confidence in our healthcare system. Improving patient safety requires continuous learning and constant communication between caregivers and patients. Everyone has a role in patient safety, and everyone will benefit from its successes.

## Schedule of Events

- ★ Look for "Patient Safety Thought of the Day" on the roller everyday during this event.
- ★ A booth will be set up in the lobby of the hospital with healthcare representatives and educational materials.
- ★ Continuous healthcare educational videos will be shown in the PCC clinic.
- ★ Community Healthcare Discussion at the Community Center March 12, 6-9pm to discuss various health topics.

## Six Steps to Safer Health Care

1. Be an informed health care consumer.
2. Communicate your healthcare questions and concerns with your provider.
3. Keep a list of all the medications you take.
4. Ensure you get the results of any tests or procedures performed.
5. Talk with your provider and health care team about your options if you need hospital care.
6. Make sure you understand what will happen if you need surgery.

## Clean Out Your Medicine Cabinet

What kind of medicines and other health products should you keep on hand to treat minor ailments or injuries? More importantly, where's the best place in the house to keep them? Here's what doctors, nurses and pharmacists at FDA recommend:

### Must-Have's for Home Medical Care

#### In the Closet:

Analgesic (relieves pain)  
Antibiotic ointment (reduces risk of infection)  
Antacid (relieves upset stomach)  
Antihistamine (relieves allergy symptoms)

Syrup of ipecac (induces vomiting)  
Decongestant (relieves stuffy nose and other cold symptoms)  
Fever reducer (adult and child)  
Hydrocortisone (relieves itching and inflammation)  
Antiseptic (helps stop infection)

#### In the Medicine Cabinet:

Adhesive bandages  
Adhesive tape  
Gauze pads  
Tweezers  
Thermometer  
Calibrated measuring spoon  
Alcohol wipes  
Disinfectant

Contrary to age-old tradition, a bathroom medicine cabinet is not a good place to keep OTC (over-the-counter or nonprescription) or prescription medications. Showers and baths create heat and humidity that can cause some drugs to deteriorate rapidly. A cool, dark and dry place such as the top of a linen closet, preferably in a locked container and out of a child's reach, is best for storing medicines.

Clean out your bathroom medicine cabinet and the area where you store medicines at least once a year. Discard outdated products, damaged containers, and old supplies.

Restock supplies that are low or missing and keep all items in their original containers so that no one takes the wrong one.

Taking these measures can't prevent illness or accidents, but they can help you be prepared to treat such minor emergencies promptly and effectively.

*adapted from the FDA*

## Funding, from page 3

The PCS fund cuts are not unique to the Navy. Each of the four services was affected by the January cuts as part of a directive to reduce PCS moves by 25 percent before FY04.

Adding to the challenge for detailers is the fact that about 58 percent of all PCS moves are non-discretionary, meaning there are no options to reduce these moves. These include "accession" moves that bring people onto active duty, "separation" moves that transfer people after they leave the service, and "organization unit" moves such as homeport shifts for extended maintenance periods, and the transfer of hundreds of USS Inchon (MCS 12) Sailors when their ship is decommissioned this summer.

Given these constraints, and the need to man the war-fighting

units with the right Sailors at the right time, the Navy's head detailer, Rear Adm. Jake Shuford, has directed his detailers to work closely with each Sailor as an individual to minimize disruption to them and their families.

"We want to be able to predict early where delays may occur, and therefore advise as early as possible anyone who will be potentially impacted," said Shuford.

Detailers are accepting requests for extensions where appropriate, conducting no-cost or low-cost moves within the same geographic area, and as a last resort, delaying moves for a short period of time for some individuals whose orders have not yet been executed.



# Initiative is Key to Success for AG1 Duncan

By JO2 Amy Kirk  
Gazette Editor

Projecting a type of self-assurance that many would envy, Petty Officer 1st Class Eileen Duncan sets a prime example of what a squared away Sailor should be. As such, she recently had the honor of being chosen Southeast Region Sailor of the Year for Aerographers, as well as Eastern Region SOY. Winning both titles also put her in the running for Sailor of the Year for the entire AG community.

The 16-year Navy veteran was very happy about being chosen, as well as having achieved one of her career goals. "I was very excited when I found out I had made the Southeast Region Sailor of the Year. I had never made it above command level before, so it was very exciting," said Duncan. "As for Eastern (Atlantic) Region, I felt very honored to be chosen. I never, in my life, thought I would make it at that level."

And although Duncan was not chosen SOY for the entire AG Community, she said it does not make her any less ecstatic to have made it as far as she did.

"My goal has always been to make it to the Southeast Region level and to make it one step above that, far exceeded my goal. So, I am not disappointed," she said.

Assigned as a Forecast Duty Officer, Duncan forecasts the weather for Guantanamo Bay and its area of responsibility, which includes South Cuba to Jamaica to Haiti. She provides detailed briefs to the naval base commanding officer, JTF-160 and tenant commands. She also gives all pilots flying out of GTMO information about the weather they will experience en route and at their destination. In addition to her job-related duties, Duncan serves as a Leading Petty Officer, Administrative Petty Officer, Supply Petty Officer and Training Petty Officer.

When asked what makes her such a standout Sailor, both Duncan and her supervisor, Chief Petty Officer Timothy Valle had one word – initiative.

"I pride myself on making life better," said Duncan. "So, I always take the initiative to improve the things that I can." Duncan hopes that initiative shows through and that she can motivate others to improve the things that they can in their own lives, whether at work or home.

"With her initiative and can-do attitude, she is the go-to person for others in the department," said Valle. "I don't have to tell her when things need to be done. She knows. And I know things will be done right."

When Duncan is not hard at work for her command, the Denver, Col., native spends as much time as she can with her two sons, Ty, 8, and Nicholas, 6. And when she is not busy going to scout meetings and sporting events, she is attending classes to further her education. "I love learning new things," said Duncan. "I don't think anyone ever finishes learning." Putting her education to good use, Duncan said she is also working on a children's



AG1 Eileen Duncan works in GTMO's Naval Atlantic Meteorology and Oceanography Detachment at Bulkeley Hall.

mystery novel.

This well-round Sailor, mom and hopeful novelist, said if she could advise junior sailors of one thing it would be to "make your own world."

"If you want a better world, then you have to take the initiative and change it. The Navy and America did not get to where it is today by waiting on others to make changes. It is up to you to make the changes."

## Senior Petty Officer Association Meetings

### When:

SPOA meets at 11:30 am on the first and third Friday of each month. Next meeting March 15.

### Who:

The SPOA is open to all E-5 and E-6 Navy personnel, including the Naval Reserve.

### Why:

Support your community and fellow Senior PO's by being a member of the SPOA.

### Where:

Meetings are held in the Windjammer in the upstairs "ACEY DEUCEY" lounge. Any questions, contact SPOA PAO, CTA1 Barnes at 5111 or email: no2f@usnbgtno.navy.mil

## Worship Services

### Roman Catholic Mass

(Main Chapel)

Monday - Friday

Daily Mass (Cobre Chapel) 0630

Saturday

Reconciliation 1630

Eucharist/Mass 1730

Sunday

Eucharist/Mass 0900

Camp X-Ray (QRF Tent) 1030

Eucharistic Adoration/Reflective Prayer (Cobre Chapel) Daily, 24hrs

### Protestant Service

Sunday

Worship Service - Main Chapel 1100

JTF 160 - Freedom Heights 0800

New Life

(Sanctuary B)

Sunday

Sunday School 1000

Worship Service 1100

Church of Jesus Christ of

Later Day Saints

(Sanctuary A)

Sunday

Sacrament 0900

Jewish

(Sanctuary A)

Twice per month Call 2323

Filipino Bible Fellowship

(Sanctuary A)

Sunday

Worship Service 1800

Inglesia Ni Cristo

(Sanctuary B)

Sunday

Worship Service 2000

Pentecostal Gospel Temple

(Sanctuary C)

Sunday

Worship 0800 & 1700

Seventh Day Adventist

(Sanctuary B)

Saturday

Service 0930 & 1630

United Gospel

(Main Chapel)

Sunday

Service 1245

United Jamaican Fellowship

(Morin Ctr Complex - BLDG. 1036)

(Next to the Cable Company)

Sunday

Worship 1100

Please ask the Faith Group Representative about Education Programs, Bible Study, Prayer Groups, etc. For more details, call the Chaplain's Office at 2323.

## Elementary School Skating Party

TONIGHT!

Elementary School Gym

Sure Start - 2nd grade: 5 - 6:30pm

3rd - 6th grade: 6:30 - 8pm

Limited number of skates available. Children are encouraged to bring their own skates and helmets.

Admission is \$2

PTO will be selling food



Parents: If dropping off your children, please be on time to pick them up as there will be no adult supervision outside the gym.

## New Treasures & Trivia Hours

The Treasures & Trivia Thrift store is now open more days. New hours are:

Monday, 9 am to 2 pm

Wednesday, 2 to 6 pm

Saturday, 9 am to 2 pm.

## NEW! JTF-160 Room Now Open

The thrift store, in conjunction with JTF-160, has set aside a room filled with a variety of items exclusively for JTF-160 members.

The room can only be possible if individuals donate items and specify the items go to the

JFT-160 Room.

All proceeds from items sold from the room will go toward a morale function for JTF-160 personnel.

A drop box is located outside of the store for all after hours drop-offs.

Questions? Call Kay at 4860.

## Learn How to Save a Life!

American Red Cross is offering an Adult, Child and Infant CPR and First Aid Course

March 16 - 8:30am to 5pm

For cost info or to register, call 5060.

## School Lunch Menu

Mar 11 - 15

- MONDAY -

Grilled Ham and Cheese on Wheat Bread, French Fries, Pineapple, Milk

- TUESDAY -

Pepperoni Pizza, Green Beans, Fruited Gelatin, Milk

- WEDNESDAY -

Oven Fried Chicken, Rice w/Gravy, Tossed Salad, Fresh Fruit, Milk

- THURSDAY -

Fish Sticks, Macaroni & Cheese, Mixed Vegetables, Sliced Peach, Milk

- FRIDAY -

Chicken Nuggets, French Fries, Green Beans, Fresh Fruit, Milk

## This Week in Naval History

### March 8

1854 - Commodore Matthew Perry opens treaty negotiations with Japan  
1945 - Phyllis Daley becomes first African-American Ensign, Navy Nurse Corps  
1958 - Battleship USS *Wisconsin* (BB-64) is decommissioned, leaving the Navy without an active battleship for the first time since 1895.  
1965 - Seventh Fleet lands first major Marine units in South Vietnam at Danang

### March 9

1847 - Commodore David Connor leads successful amphibious assault near Vera Cruz, Mexico  
1862 - First battle between ironclads, USS *Monitor* and CSS *Virginia*

### March 10

1783 - USS *Alliance* (CAPT John Barry) defeats HMS *Sybil* in final naval action of Revolution in West Indies waters  
1948 - First use of jets assigned to operational squadron (VF-5A) on board a carrier (Boxer)

### March 11

1935 - Birth of Naval Security Group when OP-20G became Communications Security Group  
1942 - In a PT boat, LCDR John Bulkeley leaves the Philippines to take General Douglas MacArthur to Australia

### March 12

1917 - All American merchant ships to be armed in war zones  
1942 - President Franklin D. Roosevelt designates Admiral Ernest J. King to serve as the Chief of Naval Operations

### March 13

1917 - Armed merchant ships authorized to take action against U-boats.  
1959 - Naval Research Laboratory takes first ultraviolet pictures of sun.

### March 14

1863 - RADM Farragut's squadron of 7 ships forces way up Mississippi River to support Union troops at Vicksburg and Baton Rouge  
1929 - NAS Pensacola aircraft make 113 flights for flood rescue and relief

## SeaBees Celebrate 60 years

GTMO's Seabees gathered at the Windjammer Club March 2 to honor the 60<sup>th</sup> birthday of the Civil Engineer Corps. Celebrating in style, guests were treated to dancing, music by Jim Veazy and Jan Jones, a dinner of Chicken Cordon Bleu, and a speech by guest-speaker Jack Neill, a charter member of the Guantanamo Bay Post of the Society of Engineers and the first president of the Guantanamo Chapter of the Navy League of the United States.

Officially founded on March 5, 1942 and the Seabees are known throughout the military for their capability to travel the seas as Sailors, build as constructionmen, and fight alongside the Marines.

The original Seabees were not fresh-faced recruits, but rather skilled and experienced constructionmen. They had built the Boulder Dam, paved our national highways and constructed the first skyscrapers. These men took their valuable skills with them into the Navy, and by the end of World War II 325,000 men had enlisted in the Seabees.

Throughout World War II, the Korean Conflict and the Vietnam War, Seabees performed various feats of engineering and construction while working under extremely primitive conditions. Seabees demonstrated resourcefulness and ingenuity by frequently conjuring materials and equipment out of what seemed like thin air. As General of the Army Gen. Douglas MacArthur said, "The only problem with Seabees is I don't have enough of them."

Over the past 60 years, the Seabees have repeatedly demonstrated their skills as fighters and builders. From the islands of the Pacific and the jungles of Vietnam, to the sands of Saudi Arabia and the mountains of Bosnia, they have built and fought for freedom.



(Top left) CDR(sel) Eric Denfeld presents a gift of a view port from a Desal Plant boiler to guest speaker, Jack Neill, who helped install the plant 40 years ago. (Above) Jan Jones sings songs with a heroic theme for the guests prior to dinner. (Left center) CDR(sel) Denfeld presents the oldest and youngest SeaBees present. They are UTCS Ronald Caldwell and EOCA Richard Urrutia. (Left bottom) Guests enjoy the speakers and the company of their table-mates at the 60th birthday celebration.



## Women's History Month The Military Takes Notice

*In the ongoing celebration of Women's History Month, the following article is from Women in Military Service for America Memorial Foundation.*

During the Spanish American War, American military forces lost an unanticipated 4,600 men to diseases such as malaria, yellow fever and typhoid while losing only 400 to battlefield injuries. As the sweep of contagious diseases overwhelmed the Army and Navy Medical Department staffs, the services were forced to hire civilian women to nurse in military hospitals. These nurses were under contract, agreeing to provide nursing care in exchange for compensation which usually included room and board. Eventually, more than 1,500 contract nurses served in Army and Navy general hospitals, aboard the hospital ship, *Relief*, in stateside camps, the Philippine Islands, Puerto Rico, and Hawaii. Immune nurses who had already contracted yellow fever (including 32 black nurses) were assigned to higher-risk hospitals in Cuba. The nurses faced long hours, a miserable climate, poor sanitation, limited supplies, and never-ending cases of illness and wounds. Many succumbed to the same diseases that felled the soldiers. Twenty women contract nurses died in service. When the war ended, nurses were still serving in many of the war's theaters.

Nurse Rose Heaven, a contract nurse with the Army, wrote in her memoirs that supplies frequently ran short, which made nursing difficult. Although patients were supposed to receive milk every day, it was frequently unavailable. The nurses' diet reflected the supply shortage: mush for breakfast and boiled cabbage and black coffee for dinner. Rose contracted yellow fever while in service in Havana, Cuba. This did not dim her enthusiasm for military nursing, however. She served overseas with the American Expeditionary Forces in World War I.

The inability of the military medical departments to handle the vast numbers of disease-related casualties during the Spanish American War and the outstanding professional services of contract nurses such as Rose Heaven led directly to the creation of the Army Nurse Corps in 1901 and the Navy Nurse Corps in 1908. With the creation of these two nursing corps, **women became official members of the American military for the first time in history.**

### Women In Military Service for America Memorial Foundation

Dedicated to honoring the servicewomen of today as well as throughout history, and to documenting and bringing the "lost stories" of women's patriotism and sacrifice to light, the Memorial Foundation collects and preserves the stories of the approximately 1.8 million women who have served in and with the American military over time.

To date, only some 250,000 of the approximately 1.8 million women who have served in and with the U.S. military have been registered at the Memorial. In order for the Memorial to tell the full and complete story of women's outstanding military service, more women have to be registered.

In keeping with this special month, the Women In Military Service for America Memorial Foundation is asking descendants, family, friends, relatives and all servicewomen (active duty, Guard and Reserves) to register women's service experiences with the Foundation. The experiences of women serving today are of particular interest. Records can be updated at any time. Efforts to locate and register all military women will continue. Please call 1-800-4-SALUTE for more information



Nurses serving onboard the hospital ship *Relief* during Spanish American War. Photo from the Naval Historical Center

## Celebrate International Women's Day March 8

*"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do."-Eleanor Roosevelt*

International Women's Day had its modest beginnings in the United States in 1908 when the Socialist Party appointed a Women's National Committee to Campaign for the Suffrage. After meeting, the committee recommended that the Socialist Party set aside a day every year to campaign for women's right to vote.

Following the declaration of the Socialist Party of America, the first National Woman's Day was celebrated in the United States on 28 February 1909. Women continued to celebrate it on the last Sunday of that month through 1913.

In 1910, an international conference, held by socialist organizations from around the world, met in Copenhagen, Denmark. The conference proposed a Women's Day designed to be international in character. The proposal was greeted with unanimous approval by the conference of over 100 women from 17 countries. The new International Women's Day was established to honor the movement for women's rights, including the right to vote. At that time no fixed date was selected for the observance.

The event that would set March 8 as International Women's Day was an inspired "bread and peace" protest in Russia in 1917. With 2 million Russian soldiers dead in the war, Russian women chose February 23 (March 8 on the Georgian calendar) to leave their homes and factories to protest shortages of food, high prices and the war. After four days the Czar of Russia, Nicholas II, was forced to abdicate and the provisional Government granted women the right to vote.

International Women's Day is an occasion for all to review how far women have come in their struggle for equality, peace and development. It is a day to acknowledge the contribution of all women who have and are making a difference in women's rights.

*Information adapted from UN Department of Public Information articles and from [This River of Courage: Generations of Women's Resistance and Action](#), by Pam McAllister.*



## GUANTANAMO BAY

### Creature Feature

"Creature Features" are submitted by Patricia Loop and  
The Guantanamo Bay Environmental Office

# Mangroves

By Paul Schoenfeld  
Natural Resources Manager

Mangroves are unique trees forming forested wetlands at or near the edge of calmer saltwater. There are basically four separate and unrelated species of mangrove (Red, Black, White, and Buttonwood) which have similarities allowing them to form large ecological communities called Mangrove Forests. These similarities include tolerating high soil salinity (often higher than the surrounding salt water), capable of staying submerged in saltwater, reproducing by seeds which become seedlings (called propagules) while still attached to the tree, and using water to disperse the propagules after they fall from the tree.

Mangroves are adapted to salt laden soils that kill most other plants. Some mangrove species can simply exclude this salt through specialized root systems while Black Mangrove actually excretes salt taken through the roots by sweating it out through the leaves. Mangroves' ability to survive in water is accomplished by specialized root systems called pneumatophores which protrude above the water and act like snorkels delivering oxygen to the root system.

The ecological and economic importance of mangrove forests cannot be overstated. Mangroves colonize shorelines and occupy the intertidal zone. They effectively stabilize the shorelines with extensive root systems holding the soils in place and buffering the wind and wave energy that erodes exposed shorelines. Their presence protects uplands behind mangrove forests which are often expensive waterfront properties. Mangroves filter storm water run-off and trap sediments, waste, and pollutants which would otherwise fowl the waterways. While stabilizing shorelines and filtering effluent entering the waters, mangroves simultaneously provide habitat for a number of fish and wildlife species including migratory birds and many commercially important fish. An estimated 75% of game fish and 90% of commercial fish species depend on mangroves at some point in their life cycle as spawning, nursery, or feeding grounds. Some

species such as Mangrove Snapper are completely dependent on mangroves for the first several years of their lives. These juvenile snapper require the tangled mass of mangrove roots for escaping larger predators and they feed on smaller fish and invertebrates occupying the root mass. Other species supporting a multi-billion dollar recreational and commercial fishery who depend on mangroves include snook, snapper, tarpon, sheepshead, drum, shrimp, lobster, and several others.

Several rare, threatened and endangered species utilize mangrove forests also. Manatees feed on aquatic plants growing on the root mass. Brown pelicans nest and roost in the mangrove

canopy and feed on fish associated with the mangrove roots. White-crowned pigeons, a species in decline, are known to nest in mangrove forests. Many resident songbirds and neo-tropical migratory landbirds utilize the mangrove canopy for nesting, roosting, feeding, and over-wintering habitat.

Mangroves also have a direct association with coral reefs. Worldwide, the locations of coral reefs and mangrove forests are related. Coral reefs thrive in clear, nutrient poor water while mangroves thrive in

more brackish, nutrient rich water. The mangroves help to filter and purify run-off resulting in a reduced sedimentation load entering the waters and coral reefs.

The importance of mangroves has been recognized and as the demand for coastal development grows, several areas have laws that prohibit removing or otherwise destroying them. Belize and several counties in Florida now regulate the removal of mangroves through a permitting process. GTMO has included mangrove conservation in the Integrated Natural Resources Management Plan and efforts are underway to restore mangroves previously defoliated by overpopulated hutia. As we reduce the hutia population to manageable numbers, grazing and foraging pressure is taken off the mangroves and we are starting to see new growth on mangroves at Dock of the Bay, the GTMO River, and other locations. Future efforts will include collecting propagules and planting them in locations where mangroves were lost.



## GTMO SHOPPER

### FOR SALE

(1) Plush Carpet, 9x12, sea foam green. Just cleaned. 2 years old. Asking \$150. Call 5550 AWH or 4616 DWH.

(1) Sanyo VCR (under 1 yr old, hardly used), includes original remote, wires, manual and box. \$40. Call 7627.

(1) Road bicycle by Kestrel. Composite frame, aero bars, flight shifters, 700cm/27" wheels, new tires, tubes and cables. Set up and ready for time trials or triathlons but excellent for touring, training and racing. Serious bike for the performance minded person. Call 5859 AWH.

(2) Paint Ball Guns. Spyder EMI JAVA Edition. Black, fully automatic, 16-inch sniper barrel. Rapid fire - 20 balls per second. Asking \$475. Wiseguy Bruiser - Silver/Black, 16-inch barrel, semi-automatic. Asking \$150. Call 7433 FMI.

(2) Touch Lamps, \$5 each. Call 4510 DWH or 5645 AWH.

(2) Blue Southwestern Style (L-Shaped) 3 section sofa. Good Condition. Will sacrifice \$250 OBO. Call 7859 FMI.

(2) Toddler portable potty seat. Seats sits on top of regular toilet. \$2. Call 4510 DWH or 5645 AWH.

(2) Pioneer Stereo System: Receiver/Tape Deck/18disc CD changer. Accepting best offer for complete system or individual components. Call 7859.

(2) Washer & Dryer. Whirlpool, stacked. 4-years old. \$300 OBO. Call 5552 FMI.

(3) Everything you need for a baby and more.... Crib and bedding, changing pad, safety gates, bed safety rail, portable hi-chair/booster seat, monitor, wipe warmer, sling seat w/toy bar, toys, baby boy clothing, and more. Call 5803

(3) Lawn mower. FMI, call 5803

(3) Furniture for sale. Dresser, 6 drawers w/mirror, \$40. Dinette set w/4 chairs, \$40. Metal bunk bed set (full on bottom, twin on top) w/ mattresses, \$80. Call 4105 DWH or 5885 AWH.

(3) 70" mini blinds (2), 70" roller shade, small window fan, 8mm Cannon Video camera - needs work. Little Tikes garden, little tikes tricycle, potty chair. Call 5803

### VEHICLES/BOATS

(2) 1990 Hyundai Excel GS, 5 spd, A/C, Power Sunroof. Runs and looks great.

Just tuned and serviced. \$2500.00. Call 5822 (H) 6277 (W).

(2) 18-ft Bayliner w/ 7- HP Johnson. Trailer and Fish Finder. \$3,000 OBO. Call 5552 FMI.

(3) SunBird Runabout (Cosair) ski boat, 1986, 19ft inboard with rebuilt trailer. Runs great. Looking for someone who has the time to use it. Asking \$5,000. Call 7657 FMI.

### EMPLOYMENT

The American Red Cross is seeking a self-motivated individual for the full time position of Field Office Assistant. Duties will include providing emergency communications and casework services to members of the Guantanamo Bay community, performing data entry of financial reports and station statistics, receipting income, preparing correspondences and reports and assisting in other station functions. Qualified applicants must have strong computer skills and should be knowledgeable of military culture and Red Cross services.

Associate degree or equivalent knowledge and work experience is preferred. Application packets can be picked up at the Red Cross office in the Fleet and Family Support Center. Position will remain open until filled. For further information phone 5060. Red Cross is an EO/EF/D/V employer.

The following are job vacancies currently open through the Human Resources Division:  
Open Continuous Vacancies:  
Supply Technician, 1" cutoff 12/21, closes 12/06/02  
For more information contact the Human Resources Division at 4822 or 4430.

The following job opportunities are available at the Navy Exchange.

**F/T - Weekdays, Weekends**

Meatcutting Worker

**Flex - Weekdays, Weekends**

Food Service Worker

Motor Vehicle Operator

**Flex - Afternoons to 7pm**

Cash Office Cashier

For details, visit the Navy Exchange Personnel Office or call 4119.

### SERVICES

Babysitter -- American Red Cross Certified. Call Rhett at 7864 for your child care.

Want to go out, have a relaxing dinner alone, or maybe just a movie? Responsible child care available

weeknights and weekends. Red Cross trained. Call Amanda @ 7892.

### WANTED

Musicians needed to share talents with elementary school students. March is "Music and art in the Schools" month. This would be a great opportunity for students to visit with community musicians. Contact Shirley Baggett at 2027 DWH or 7755 AWH.

### LOST & FOUND

Lost in the Chapel Hill parking lot or courtyard area on 2/24/02. Gold chain with agate (black and white stone) pendant. If found please call DWH: 4441 or AWH: 7630. Great sentimental value. Thank you.

Olympus Digital Camera lost at the SeaBee Ball Saturday, March 2. Please return. Reward offered. Call 5703.

### YARD SALES

CB 1159 (aka Center Bargo 33) March 9, 7 am to noon. Everything must go! Children's clothes and shoes, toys, uniform items, bedding items and SCUBA

gear! All items in good condition. Cheap Prices! For an early preview or more info, call 7132 AWH.

Villamar 12-D. Household items for sale. March 9, starting at 7 am.

Caravella Point 1-B, Saturday, March 9, 8am to 1pm.

### ANNOUNCEMENTS

URGENT CALL for all Alphas, Omegas, Kappas, Sigmas and Masonic Orders to come together to share ideas. TUESDAY, March 12 at 7pm, Windward Loop 10-C. FMI, call Cmdr. Points, 5017.

### PERSONALS

Congratulations Jennifer Kelley on being accepted to Purdue University! We are very proud of you! Love, Tammy & Jo

PFC Kimberly Porte, 1 Love You! Here's to our first three years...and to countless more.

Ever mine...


Ever thine...

Ever ours...

I love you, Phil.



**Discover unique gifts at the Craft Fair March 9 at the Windjammer.**



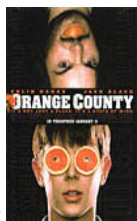
**Feed the brain, read a book**

**W.T. Sampson is celebrating Read Across America all month long with "Read About America." Why not join in? Pick up a book and read to your children about the great people and events that shaped a powerful nation!**

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## ORANGE COUNTY

Comedy  
1 hr. 23 min.  
Starring: [Colin Hanks](#),  
[Jack Black](#),  
[Catherine O'Hara](#),  
[Leslie Mann](#),  
[Schuyler Fisk](#)



A smart high school student with his heart set on going to Stanford is horrified when his guidance counselor accidentally sends the wrong transcript with his college application. He spends the rest of the film trying to prove that he's actually a good student with a terrific grade point average

## KATE & LEOPOLD

Romantic Comedy  
2 hrs. 11 min.  
Starring: [Meg Ryan](#),  
[Hugh Jackman](#),  
[Liev Schreiber](#),  
[Bradley Whitford](#),  
[Natasha Lyonne](#)



Kate McKay (Meg Ryan) is a modern-day executive, a 21st century woman driven to succeed in the corporate world. Leopold (Hugh Jackman), the Third Duke of Albany, is a charming bachelor in the 19th century. Each has grown weary of waiting for love. But when a dramatic twist of fate lands Leopold in present-day New York, they must confront the prospect of a love affair 100 years in the making.

## IMPOSTER

Action/ Adventure/  
Science Fiction  
1 hr. 36 min.  
Starring: [Gary Sinise](#),  
[Madeleine Stowe](#),  
[Vincent D'Onofrio](#),  
[Mekhi Phifer](#),  
[Tony Shalhoub](#)



The year is 2079. The earth has been at war with an alien force for over a decade. Spencer Olham is a lauded government scientist whose latest work promises to save the planet. But suddenly he is accused of being an alien spy, and becomes the subject of a nationwide manhunt. Olham is with a two-tiered dilemma- can he prove his identity to secret police in time to help mankind? Can he ultimately prove his identity to himself?

# Movies

## FRIDAY, MARCH 8

7pm Orange County  
PG13 - 85min

9pm Collateral Damage  
R - 109min

## SATURDAY, MARCH 9

7pm Jimmy Neutron  
G - 77min

9pm Imposter  
PG13 - 96min

## SUNDAY, MARCH 10

7pm Lord of the Rings  
PG13 - 178min

## MONDAY, MARCH 11

7pm Kung Pow  
PG13 - 82min

## TUESDAY, MARCH 12

7pm Orange County  
PG13 - 85min

## WEDNESDAY, MARCH 13

7pm Imposter  
PG13 - 96min

## THURSDAY, MARCH 14

7pm Kate & Leopold  
PG13 - 131min

## What's Happening...

### MWR Hospital Triathlon/Biathlon

March 9 - Show Time 6:30am  
at Ferry Landing. Individual or Team  
Participants Register at the Gym or the  
Hospital.

### Liberty Center

March 8 - Bowling Party  
March 9 - Dawn Tournament  
March 13 - Domino Tournament  
Call 2010 for more information.

### Rick's Lounge

Rick's Lounge is open daily 4pm to midnight  
to officers and civilian equivalents only.

### Ceramics & Pottery

Kids and Adults Classes available.  
Open Monday-Friday, 9am to 9pm  
Saturday & Sunday 2 to 8pm.

### St. Patrick's Day Celebration

March 16 - Windjammer, 7pm to midnight  
All Hands Invited

Rick's Lounge open to officers and civilian  
equivalents.

### Free Kayaking Lessons

Every Saturday and Sunday at the Marina,  
2 to 4 pm and 4 to 6 pm. Beginners through  
advanced. Qualified instructors take you  
through the steps to become a qualified  
kayaker. Sign up at the Marina or call 2345.

### Free Sailing Lessons

Every Saturday and Sunday at the Sailing Center.  
Learn to enjoy the bay in one of our high speed  
Zumas, Hunters or Catalina 22's. Qualified  
instructors help you attain basic to advanced skipper  
licenses. Call 2345 to sign up.

### Total "Fitness" Camp

Denich Gym Mondays & Wednesdays  
6:15-7:15 am.

### Yoga Ultimate Stretch Classes

Marine Hill Aerobics Room  
Mon., Wed. and Fri., noon to 1 pm.

### Aerobics Classes

Marine Hill Aerobics Room - (Basic Step)  
Mon., Wed., Fri. 6 - 7 am. (Interval) Monday -  
Friday 8:30 - 9:30 am (Adv. Step) Mon., Wed.,  
Fri. 5:15 - 6:15 pm (Circuit) Saturday 9:15 -  
10:15 am.

### Paintball Tournament

March 15 - Spring 'Paint Slingin' Paintball  
Tournament at Cooper Field, 6pm. No  
Equipment Rental Fees Field Paint Only.  
Awards and t-shirts. Refreshments available.  
Captains meeting 6 pm, March 14. Need  
practice? See us every Sunday at the Paintball  
Range 1 to 5 pm.

### Tae Kwon Do

Marine Hill Aerobics Room  
Children - Monday - Friday, 4-5pm  
Adults - Monday - Friday, 6:30-7:30pm  
All ages - Mon., Wed., & Fri., 11am to noon.

### CDC

Saturday, March 16, 6:30pm to midnight. A  
reservation fee of \$2.50 is due by Wednesday,  
March 13 to hold a spot for your child. \$2.50  
per hour for first two hours. Three hours or  
more, \$12.

**For more information on any of the events  
listed above, call 5225**